



MyPyramid PodCasts

MyPyramid Podcast #13: Are We There Yet?

All [passengers in a van] : Are we there yet?

Driver: Hey, is that Dr. Brian Wansink, the Executive Director of the USDA's Center for Nutrition Policy and Promotion? Hey, is that you, Brian?

Brian Wansink: Yeah, hey, I ran out of gas. But fortunately, I had *this* in the glove compartment.

Driver: Alright, come on, I'll give you a lift.

Brian Wansink: I got to get some fuel. [to the passengers in the van] Hey, folks! Hey, thanks for the ride.

Passenger #1: So, want a snack?

Brian Wansink: I'll see what you got. [looking in bag] Oh come on guys, you can do better than this. Where's the vegetables, the fruit, the string cheese?

Driver: Oh man, I'm almost empty. I'm going to make a quick stop.

Passenger #1: Empty? Are you talking about food or gas?

Brian Wansink: You know, when it's time to fill up your tank, it's important to make the best choices you can. [inside store] Look for fruits, nuts, unsalted pretzels, or popcorn. You can find them at any convenience store, and they're easy to eat in the car. [to passenger #2] No! Not that one!

Passenger #2: I'm hungry.

Brian Wansink: Are you really hungry, or are you just bored? You might want to try playing a game or watching a dumb video to get your mind off of food.

See how easy it is to make good choices when you're on the road? Just keep these simple tips in mind when you stop to "fill up." Plan ahead... pack smart snacks and save money when taking long car trips. Choose carefully when buying snacks at convenience stores. If you do stop, you can find nuts or dried fruits, pretzels or popcorn, instead of those sweet and fatty snacks. Make your next car ride more enjoyable *and* healthy – stop by MyPyramid.gov. See ya soon, and drive safe.

All: Are we there yet?

